

**RESILIENCE REFLECTED IN SUZANNE COLLIN'S
THE HUNGER GAMES NOVEL (2008):
AN INDIVIDUAL PSYCHOLOGICAL APPROACH**



PUBLICATION ARTICLE

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by

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**SCHOOL OF TEACHER TRAINING AND EDUCATION
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APPROVAL

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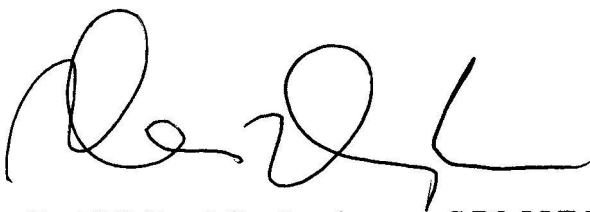
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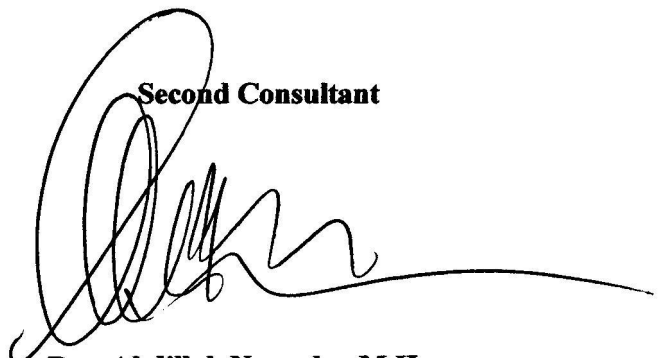
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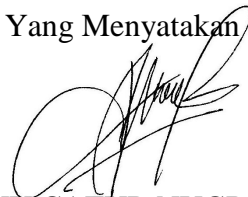
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THE HUNGER GAMES NOVEL (2008):
AN INDIVIDUAL PSYCHOLOGICAL APPROACH**

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ABSTRACT

The major problem of this study is to elucidate how the resilience to stay alive reflected in Suzanne Collins's The Hunger Games novel. The objective of this study are; to analyze the novel based on the structural elements and to analyze the novel based on the individual psychological approach. In conducting this study, the researcher uses qualitative research whose data are based on primary source, the novel Suzanne Collins's The Hunger Games and secondary sources, such as Suzanne Collins's biography and other data, which deal with the research. Both data are collected by conducting library research and analyzed by descriptive analysis. Based on the analysis, the writer portrays some conclusions. First, based on the structural analysis of each elements, it shows that the character and characterization, setting, plot, point of view, theme are supporting each other to produce a good quality novel. Second, based on the individual psychology analysis, the study shows that the problem faced by the major character is her own psychology condition to decide the appropriate ways for her life. This novel also shows the process how the resilience to stay alive will produce the amazing result.

Keywords: *Resilience, The Hunger Games, Individual Psychological Approach.*

A. Introduction

1. Background of the Study

Everyone in this world deserves to get a happily life. But it is not easy to earn a decent living without great effort. They must resilience to achieve a great life. People have strength to the best on doing something or being something. They work with all their ability to get their dreams. According to Grotberg (1999:51) suggest that resilience is the capacity of individuals to face, overcome, self-reinforcing, and still make changes experienced in connection with the examination.

Every individual has the capacity to be resilient. The concept of resilience focuses on the formation of individual strengths so that difficulties can be faced and overcome. A similar view is expressed by Reivich and Shatte (2002:116), that resilience is the capacity to respond in a healthy and productive when faced with adversity or trauma, where it is essential to manage the pressures of everyday life.

Individuals with good resilience understand that mistakes are not the end of everything. Individuals take the meaning of the error and use the knowledge to reach for something higher. Individuals galvanize themselves and solve problems wisely, full, and energetic. There were several methods which are used by people to survive in this world. People need to struggle seriously to get something useful for their life. But not all people struggle their life, fate fully some people will not do something. So we must appreciate to people who struggle to get something for their better life. Some people believe that by struggle in their life, one day, they will get peacefulness life. They have good ability to endure their life. Finally, people should have resilience to survive in this world.

The Hunger Games is a science fiction novel an American author, Suzanne Collins. First published in the United States on September 14, 2008 by publisher Scholastic. Collins was born on August 10, 1962 in

Hartford, Connecticut. She is the daughter of a U.S. Air Force officer who served in the Vietnam War. As the daughter of a military officer, she and her family were constantly moving. She spent her childhood in the eastern U.S. She attended high school at Carver High School in Alabama and at the Alabama School of Fine Arts, where she was a Theater Arts major. She graduated from Indiana University with a double major in Drama and Telecommunications.

After meeting children's author James Proimos while working on the Kids' WB show *Generation O!*, Collins was inspired to write children's books. Her inspiration for *Gregor the Overlander*, the first book of *The New York Times* best selling series *The Underland Chronicles*, came from *Alice in Wonderland*, when she was thinking about how one was more likely to fall down a manhole than a rabbit hole, and would find something other than a tea party.

In September 2008, Scholastic Press released *The Hunger Games*, the first book of a trilogy by Collins. *The Hunger Games* was partly inspired by the Greek myth of Theseus and the Minotaur. Collins said that the inspiration to write *The Hunger Games* comes from one of the reality shows on television.

From the explanation above, the researcher wants to Suzanne Collins *The Hunger Games* novel and choose the title for this research paper: RESILIENCE REFLECTED IN SUZANNE COLLINS THE HUNGER GAMES NOVEL (2008): AN INDIVIDUAL PSYCHOLOGICAL APPROACH

2. Previous Study

The Hunger Games is an interesting novel. And as far as the researcher knows this is the first research that analyzes this novel. The researcher did not find any kinds researches that analyze this novel before whether in Muhammadiyah University of Surakarta and Surakarta region.

3. Limitation of the Study

In this study, the researcher focuses this research in analyzing resilience reflected in Suzanne Collins Novel *The Hunger Games* (2008) based on individual psychological approach

4. Problem Statement

In this study, the researcher considers the problem statement as follow: “How is resilience reflected in Suzanne Collins Novel *The Hunger Games*?”

5. Objective of the Study

Based on the problem statement, the researcher proposed the objective of the study as follows:

1. To analyze *The Hunger Games* Novel (2008) based on its structural elements.
2. To analyze resilience reflected in Suzanne Collins Novel *The Hunger Games* (2008) based on An Individual Psychological Approach.

6. Benefit of the Study

This research has two kinds of benefits; the first is theoretical benefit which is hoped to give contribution and information to the larger body of knowledge. It is particularly in the literary studies on Suzanne Collins *The Hunger Games* novel, especially by using Individual Psychological Approach. The second is practical benefit which is to enrich

the knowledge and experience of the writer and other students at Muhammadiyah University of Surakarta in specifically. And understanding the novel related to the aspect of individual psychology.

7. Underlying Theory

a. Notion of Individual Psychology

Individual Psychology is a theory that is proposed by Alfred Adler. According to Adler as quoted by Ryckman (1985:95) individual Psychology is a science that attempts to understand the experiences and behavior of each person as an organized entity. He believes further that all actions are guided by a person's fundamental attitudes toward life.

Generally, individual psychology is a science which studies human being as essentially a social creature, developed a theory in which the need for superiority and the need to relate to others were primary (Hall and Lindzey, 1985:143). According to Adler (in Feist, 1985:64) state that all psychological phenomena are unified within the individual in a self consistent manner. Adler makes consciousness of the center of personality, which makes him pioneer in the development of an ego-oriented psychology. Man conscious being, he is ordinarily aware of the reason for his behavior. He is a conscious of his inferiorities and conscious of the goals for which he strives.

b. Basic Assumption of Individual Psychology

Adler's theory is used to analyze the novel *The Hunger Games*. It presents several basic concepts of individual psychology. The basic of Adler's concept is explained into six basic concepts. They are (1) inferiority feeling and compensation, (2) fictional finalism, (3) striving for superiority, (4) social interest, (5) style of life, (6) creative power.

B. Research Method

1. Object of the Study

The object of the study is *The Hunger Games* Novel by Suzanne Collins and was published in 2008.

2. Type of the Study

In this research, the researcher applies qualitative research. The data sources are library and literary data.

3. Type of the Data and the Data Source

There are two sources of data in this study, namely primary data and secondary data. The first is primary data source; the primary data is *The Hunger Games* novel by Suzanne Collins published in 2008. The secondary data sources are books or any information related to the practice of resilience that supports the individual psychological analysis.

4. Techniques of the Data Collection

In this study, technique of data collection is the library research. The steps in this library research are as follows: Read the novel clearly, taking notes of important parts both primary and secondary data, arranging the data into several groups based on its theoretical category, selecting particular parts considered important and relevant for analysis, drawing conclusion and formulate its pedagogical suggestion.

5. Technique of the Data Analysis

In analyzing the data, the researcher applies a descriptive technique. The analysis is started on the author and then the structural analysis of the novel and finally the individual analysis of the literature.

C. Research Findings and Discussion

1. Structural Analysis of *The Hunger Games Novel*

The structural element of the novel can be dividing into five parts. They are the characters and characterization, setting, plot, point of view, style and theme.

a. Character and Characterization

Katniss is a protagonist character. Morally, she is being responsibility with her family, *“The woods became our savior, and each day I went a bit farther into its arms. It was slow-going at first, but I was determined to feed us. I stole eggs from nests, caught fish in nets, sometimes managed to shoot a squirrel or rabbit for stew, and gathered the various plants that sprung up beneath my feet.”* (THG, 4.19)

Later in the novel it is mentioned that his real name is *Katniss Everdeen*; she was live in *District 12, nicknamed the Seam*”(THG, 1.7). Socially, she lives with her mother and her little sister; *“My little sister, Prim, curled up on her side, cocooned in my mother’s body, their cheeks pressed together. In sleep, my mother looks younger, still worn but not so beaten-down”*. (THG, 1.2).

Mentally, she is a hard worker. Every morning she goes to the woods for hunt. *“Even though trespassing in the woods is illegal and poaching carries the severest of penalties, more people would risk it if they had weapons”*(THG, 1.10)

b. Plot

1) Exposition

The exposition begins with Katniss daily activities before the reaping day. She is a teenage girl who lives in district 12, an impoverished coal-mining region in the country of Panem. She lives with her mother and her little sister. Katniss has the confidence that is Gale. The first meeting between Katniss and Gale is in the woods. Katniss never understands about her feelings with Gale. In the Hunger Games, Katniss and Peeta as a tribute woman and male tribute. They both represent District 12. In the games they played as lovers.

2) Complication

The complication happens when Katniss Everdeen takes her sister, Primrose's spot in the 74th Hunger Games, and a fight to the death on live TV. Before she leaves, Katniss comforts her mother and tells her to stay strong for Primrose.

When they arrive in the gleaming city of the Capitol, the train is greeted by a cheering crowd. They have drunken mentor, Haymitch Abernathy, victor of the 50th Hunger Games, instructs them to watch and determine the strengths and weaknesses of the other tributes. He tells them that the key to survival is ensuring they are well liked by the public so that they may get sponsored.

They meet their stylist, named Cinna. Katniss should have a great costume for the Gala Entry Parade in which each pair of tributes wears an outfit reflecting their district's trade. Katniss and Peeta wear black costumes with actual fire emanating from them to symbolize the coal-mining district they reside from. It makes an impression on the audience so they're remembered, especially by the sponsors.

3) Resolution

In this novel, the resolution starts when Katniss had jumped as if she was in love with Peeta. In fact, since the beginning of the reaping day she did not believe him. The tributes are publicly displayed to the Capitol audience in an interview with television host Caesar Flickerman, and have to attempt to appeal to the television audience in order to obtain "sponsors". During this time, Peeta reveals on-air his longtime unrequited love for Katniss. Katniss believes this to be a ploy to gain sponsors, who can be critical to survival because of their ability to send gifts such as food, medicine, and tools to favored tributes during the Games.

Apparently because of Katniss and Peeta's image in the minds of the audience as "star-crossed lovers", a rule change is announced midway through the Games, allowing two tributes from the same district to win the Hunger Games as a couple. When the couples remain as the last two surviving tributes, the Gamemakers reverse the rule change in an attempt to force them into a dramatic finale, where one must kill the other to win. Katniss, knowing that the Gamemakers would rather have two victors than none, retrieves highly poisonous berries known as "nightlock" from her pouch and offers some to Peeta. Realizing that Katniss and Peeta intend to commit suicide, the Gamemakers announce that both will be the victors of the 74th Hunger Games.

4) Causality

In this novel, the writer sees that the story has relation to each other, because one event causes another event or makes a cause effect relation. Katniss as the major character in this novel feels anxious with her problem. She's got a heavy burden to

provide for her family. She's very sadly with her sister. Katniss was chosen as a tribute because she was replaced her sister spot when the Reaping day. And Peeta is the male participants. They both represent of District 12.

During the interview session with Flickerman, Peeta expressed his love for Katniss in front of the audience. It made Katniss furious. But on the other hand it is not directly make them known as lovers who never united, and can be easier to obtain sponsors.

The last thing is this tactic also makes the rules changed. The winner should have just one person but with their love story Capitol changed the rules to two winners in same district.

The events that happen will cause the other events occur. Therefore, this novel shows causality

5) Plausibility

The story in this novel changes the major character. The change is plausible because it is caused the condition or influenced by circumstances from the outside. Before Katniss being elected as a tribute, she is a person who is very stubborn and not trusting of other people. She's been the backbone of her family. Katniss tries hard to support her family without the help of others. But after she followed the hunger games, she must inevitably be working with Peeta. Thus she can survive while winning the game. It shows that the major character changes from a headstrong woman to be cooperative. Therefore, the plot has plausibility.

c. Setting

Setting is given to create the story as real and concrete as possible. It is really important to create a real impression of the story

for the readers will be able to create circumstance as if the story really happens. Setting consists of two types; they are setting of place and setting of time.

1) Setting of Place

In *The Hunger Games* novel mentioned some place which build the story. Generally, it takes place in the future when North America was destroyed. The most important places are The Capitol, because that was the place for the tribute in twelve districts line up. And also that was the arena to fight.

2) Setting of Time

The Hunger Games is a novel about the future when North America was destroyed and formed a new territory called Panem. The setting of time is twenty-first century. Setting time of this novel is implicit. It doesn't mention the time clearly but it some part of them probably give information when it happend.

d. Point of View

After analyzing and investigating the text of the novel, the researcher determines that *Collins's* employs the participant's point of view or the first person narrator.

e. Style

Style is a tremendous role in building the story. Style can be divided as follows

1) Grammatical Structure

Collins's also uses modern English, so the readers can catch the meaning of the word easily. She also uses standard sentences; it means that the messages sent are not implicated but simple and easy to understand.

2) Sentence Construction

The sentence construction in *The Hunger Games* tends to be long and short sentence, usually, Collins's uses language sentence construction in narration, when she describes some detailed information.

3) Diction

Diction is a style of manner of speaking. It refers to the writer's choice of the character words. Collins's uses an American dialect in order to show that the story take place in America.

4) Figurative Language

a) Personification

It is a technique of giving a non-human thing a human quality such as hearing feelings, talking, and making decisions. Writers use personification to emphasize something or make it stand.

b) Hyperbole

Hyperbole is an exaggeration that is so dramatic that no one would believe that the statement is true. Hyperbole emphasizes humorous effects.

c) Simile

Simile is directly states a comparison between two things of different nature that nevertheless have something in common. Usually, simile indicated by some connective words such, as, *like*, and *than*.

d) Metaphor

Metaphor is a comparison of two things that are basically unlike but have some qualities in common. Unlike a simile a metaphor does not contain the word like or as.

e) Idiom

Idiom is a common figure of speech whose meaning is different from the literal meaning of its words.

5) Symbolism

Suzanne Collins uses many symbols in showing characters.

6) Imagery

In this story, olfactory imagery is description of the glorious food. Food symbolizes wealth, plenty, and comfort in *The Hunger Games*; it is the dividing line between the rich and the poor.

f. Theme

Generally, the author does not state the theme explicitly. She just gives some clues, so the readers have to comprehend and predict through the whole story of the novel to get the message. The theme of *The Hunger Games* is “when we have some desire, it is necessary for us to sacrifice everything that we have as a struggle to reach our goal. And we must to play along with our partner”. Intelligence and capabilities of Katniss's not the only thing that made her win the game, but thanks to Peeta with their partnership its makes they win the games. This theme is suitable with the approach because life needs sacrifices. It means if we want to get a better life or we need something to own we have to struggle for it.

g. Discussion

In *The Hunger Games*, Collins wants to explore human's struggle of life every time, human being always encounters the problem of life. When human fails to overcome the problem, he feels

anxiety. Thus, he will do some ways to block these feelings, such as avoiding the problem without doing anything or overcoming it. If he just avoids it, it influences his mental condition in *The Hunger Games*, major character overcomes the problem by struggling hard to win the games.

In *The Hunger Games* Suzanne Collins, creates the major character of the novel namely, Katniss. From the beginning to the end of the story, she represents Katniss as human being who tries to make his life better by resilience. Suzanne Collins also adds other characters to support the major character to be more vivid. She puts them together with their own background, in a setting, which permits them to support each other. Collins creates those characters as the means of expressing what she wants to say and think although the content of the story is almost dominated by the major character story in facing his life, but other characters have a lot of roles.

In this novel Collins takes the setting of place, generally in the North America. She describes the future when North America was destroyed and formed a new territory called Panem. Panem is a region consisting of 12 poor districts and ruled by a rich but greedy and ruthless, the Capitol. The character should be accustomed to the environment and also be ready to encounter the new problem of life causing the changing of their mental condition. She also takes the setting of time twenty-first century.

In *The Hunger Games* Collins develops modern plot. In the opening chapter, she puts the exposition by introducing to the readers the narrator while introducing about the setting of place and the situation of the story begins. Then it does through the complication. It is the moment when Katniss Everdeen takes her sister spots in the 74th The Hunger Games. With Peeta they represent their district. Peeta reveals on-air his longtime unrequited love for Katniss. But she believes this to be a ploy to gain sponsors. It makes

a rule change is announced midway through the Games, allowing two tributes from the same district to win *The Hunger Games* as a couple. Collins gives the resolution is portraying about the end of the major characters, Katniss in her resilience of her live.

The author also considers that she uses the selective omniscient point of view, because the author centers the story as a character, and she knows everything about the character. Collins here is as participant because she is involved in the story or recognized himself as characters yet. He explains all of the character in this novel.

From the explanation above, it can be seen clearly that the structural elements of the novel are interrelated together in building the story whereas they support each other.

2. Psychological Analysis

a. Individual Psychology

1) Fiction Finalism

Fiction finalism relates to an individual expectation or dreams of life future life. In *The Hunger Games*, the major character has a dream to the happiness and protect her little sister. So, she was doing anything for it.

Katniss was surprised to know that her sister was elected as a tribute. This is a heavy burden in his life. She chose silence and saw her sister die or go forward to replace her. Without thinking she was ventured to replace her sister.

Based on the information above, the researcher concludes that Katniss try hard to get her dreams.

2) Inferiority Feeling

Katniss's inferiority feeling arises because she is now aware of the place where she was lived was under the power of the state Capitol. To commemorate the worst times of their country, Capitol took the children from the twelve districts, forcing them to kill each other's while it was broadcast live on television. That's when Katniss cannot do anything except follow the game.

The information above shows that Katniss felt inferior when she cannot do anything to fight the Capitol.

3) Striving for Superiority

Striving for superiority constitutes one's effort to become better and achieve ideas goal. The major character Katniss, shows her striving for superiority by becoming of concern to the sponsor by way of pretending to be lover, although initially Katniss hated her colleagues. But with that way she can win for the first time. Katniss showed her success. In ways she never imagined she was trying hard to be a winner.

4) Style of Life

Style of life is a unique way in facing the task of life and achieving the goal of life. Katniss individuals included in socially useful type. Person with this type expresses a genuine concern for and communion with other people. The person realizes that solving three major tasks (work, friendship, and love) requires cooperation, personal courage, and a willingness to contribute to the welfare of others.

After reaching her success, Katniss's life style changes. She had a luxurious life. Katniss and Peeta become known by many people after winning the match. They made visits to other

districts which include the winner's ceremony held by the Capitol. In their district they were greeted by residents in district 12 with a great fanfare. Because it was nearly thirty years old tribute from the twelve districts ever win the match.

5) Social Interest

Social interest is reflected in the story of the novel especially in Katniss's family. She think that social interaction is the important that should do. The social interest of Katniss and her society is very strong. By barter or exchange the items they need each other. Because that way they can fulfill the requirement live.

6) Creative Power

Every human has a creative characteristic by nature. Creative power is responsible for the person's life goal and contributes to the development of social interest.

In the way to achieve her goal the major character Katniss do several actions. First she is willing to do what the coach ordered to draw attention of sponsor. Katniss's and Peeta stole the show. At the moment, everyone just look at them. Katniss and Peeta is really do a great performance. In addition he was pretending to be lovers who love each other with Peeta.

b. Discussion

Individual psychological analysis shows that the major character strive for her expectation. Her strive for her dream is the fiction finalism of Katniss Everdeen. In order to achieve her dream came true she strive to be a tribute replaced her sister.

Katniss feels inferior because he could not do anything against the Capitol. Capitol is a government that governs the whole area and is very strong, and she's just an ordinary citizen. Once selected as a

tribute Katniss trying hard to do anything to win the match. Her inferiority does not make her give up in many ways.

after she grabbed her success, Katniss lives were changed. She had a luxurious life. Katniss and Peeta become known by many people after winning the match. They made visits to other districts which include the winner's ceremony held by the Capitol. In social interaction, she is pretty fair sociable; because in her society she must do barter for fulfill their life. Katniss always goes to the Hob, the black market. There, she can easily exchange her animal with good bread or a couple of chunks. So she must make an effort to keep on good terms with the people.

Creative power on the major character is shown when Katniss pretend to be lovers with Peeta. She also was willing to do what the coach ordered. Because it make sponsor want to give anything they want in the game. Finally they stole the show and Katniss can have goods help from the sponsors.

D. Conclusion and Suggestion

This is the last chapter which presents conclusion on the analysis in the previous chapter and suggestion which is made to invite the other researchers to analyze *The Hunger Games* novel.

1. Conclusion

After analyzing the whole novel and analyzing all the facts dealing with Katniss's effort and her personality, the researcher comes to the conclusion that *The Hunger Games* is the reflection of the human trying to get her desire. The author wants to describe how human beings have many ways making his dream come true. She also wants to show that humans are full of imagination and desire. It is shown when Katniss has a desire and works hard

in fulfilling it. In this novel, Suzanne Collins describes Katniss as a person who always tries to fulfill her wish by resilience and striving to make all dreams become true.

In *The Hunger Games* Collins reflects the major character's effort on resilience for her love Collins seems to give a description that life will not be wonderful without love. Because of love, people can change and do anything. But also love makes people confuse when one of their wishes not fulfilled

2. Suggestion

The Hunger Games is an interesting novel that gives many worthy insights to the readers. It helps the reader contemplate their life and with the novel the reader can find the moral message from the story of major character so they can imitate about the story.

After analyzing this novel, the researcher suggests the other researchers to make a deeper research about the story from other approaches, for example by analyzing the personality by using Psychoanalytic Approach. Because, the personality of major character is good to be a subject research.

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